

Sweet Potato Pancakes

Ingredients

- ½ cup all-purpose flour
- ½ cup whole wheat flour
- 2 teaspoons baking powder
- 1 - 2 tablespoons brown sugar
- 1 teaspoons cinnamon
- Pinch nutmeg
- 1 cups milk – any kind
- 2 teaspoons melted butter, plus more for greasing skillet
- 1 egg
- 1 cup sweet potato or sweet potato puree

Preparation

1. Prepare your sweet potato, if using fresh: place whole sweet potato on a baking sheet and roast in oven at 400 degrees for 30 minutes-1 hour, depending on the size of the sweet potato. To test doneness, poke with a fork. If it's soft, it's done! Once it's cooled, peel off the skin and mash or puree.
2. Melt the butter in the microwave or on the stove top, and let cool.
3. In a large bowl, combine the flours and baking powder.
4. In a medium bowl, combine the sweet potato, brown sugar, cinnamon, nutmeg, milk, melted butter, and egg.
5. Add your wet ingredients to the dry and mix until just combined.
6. Heat your skillet with oil or butter on medium – to medium high.
7. Using a ¼ cup measure, add mix to a hot skillet and let sit until bubbles form on the surface.
8. Flip, and cook until the bottom is golden brown.
9. Repeat, keeping an eye on the temperature and lowering if necessary.
10. Serve with maple syrup, nut butter, or yogurt with jam!